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CITY PLAYS HOST TO BEST PLAYERS OF THE
NATIONAL BASKETBALL LEAGUE OF CANADA PAGE 20

HALIFAX

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Monday, April 2, 2012



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Halifax to see double budgets

Politics. Council to debate HRM budget starting today, while the province will unveil theirs tomorrow



**JENNIFER
TAPLIN**
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It's budget week all around — for both the province and HRM.

Finance Minister Graham Steele will put on his new budget shoes at a downtown Halifax shoe store on Monday in the traditional photo op on budget eve. He will introduce the budget at Province House on Tuesday afternoon.

Halifax regional council has the week scheduled for budget discussions. The big worry on several councillors' minds is a significant jump in property assessments for some small businesses in high-traffic areas.

"We're going to have to come up with something to assist the small businesses that are at risk of seeing

some significant jumps because their assessments have jumped," said Bedford Coun. Tim Outhit.

Property tax on some small businesses on the Bedford Highway are going up \$4,000, he said.

"There's a small sign shop, if their assessment isn't appealed, would go from \$7,000 a year to \$21,000," Outhit said. "I mean that's just ridiculous."

Since the average single-family home won't see a tax increase, nor will the average commercial rate, Outhit said he's worried councillors will say it's a great budget and push it through.

Assessments are determined by a provincial arm's-reach organization, but council could soften the blow. Council could freeze the rates or apply a graduated rate so the assessment jumps aren't such a shock, Outhit said.

"If not, we're going to see some empty businesses along the main arteries," Outhit said.

Some businesses along Quinpool Road are also reeling from assessment jumps.

"For any small businesses



Jennifer Watts RYAN TAPLIN/METRO

on Quinpool Road or wherever they may be, it's very unpredictable and it's difficult for a business owner to be able to adjust to that," said Connaught-Quinpool Coun. Jennifer Watts.

It doesn't appear the provincial budget would require changes to the HRM's budget, but Watts said she'll be watching for some things: she'd love to see more funding support for transit and affordable housing.

"Those are the things I look and hope for," Watts said.



JUNO NIGHT

PAGE 10

Halifax's JRDN poses for photographers as he arrives on the red carpet at the Juno Awards in Ottawa, Sunday. JRDN, and fellow Haligonian Classified were shut out during the awards show. SEAN KILPATRICK/THE CANADIAN PRESS



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Beyond the Trailer Park

'Bubbles' in
Metro contest
to join flight
into space

Mike "Bubbles" Smith is hoping to get to space.

The Trailer Park Boys TV and film star has entered his name into a Metro online contest that could see him taking off for the great beyond.

As of Friday afternoon, Smith had garnished 18,000 votes on the metroinspace.ca website.

Smith said he always loved flying and rockets so going to space would be a dream come true. If he does win, he said, he would have to go as Mike Smith on the flight because he doesn't think Bubbles, his Trailer Park Boys character, would be able to take his glasses.

Metro Race for Space is a global competition being held in most countries where Metro is published.

The entries with the most votes in each Metro country will be judged by a jury that will select one finalist to travel to space through the SXC Space Expedition Curacao.

The winner will attend two training missions in the Netherlands before being flown to the Caribbean island of Curacao, from where they will be taken up into space in 2014. **NEW GLASGOW NEWS**



Mike "Bubbles" Smith
RYAN TAPLIN/METRO

\$0.15 increase

Minimum wage
goes up to
\$10.15/hour

Those on minimum wage in the province have received a small raise.

As previously announced, Nova Scotia's minimum wage increased to \$10.15 per hour from \$10 on April 1. For inexperienced workers with less than three months experience, their new take-home wage is \$9.65 per hour, up from \$9.50 per hour.

PHILIP CROUCHER/METRO



Riders board a bus at the Mumford Road terminal in Halifax on Sunday. PHILIP CROUCHER/METRO

Transit users debate the end of free rides

Opposing views.

Some say until the end of March was fine, others say not nearly enough

DREW
CASFORD
halifax@metronews.ca

Edward Mills doesn't consider himself a regular transit user.

But for those using the bus and ferry services in HRM on a regular basis, he doesn't believe 17

free service went far enough in the wake of the Halifax transit strike.

"A lot of people had to find alternative measures like getting cabs, or couldn't make it to work one day and lost a day's pay," the Halifax man said while waiting for his bus outside the Mumford Road terminal on Sunday.

"For the amount of people it inconvenienced, there certainly should be something (more)."

The Halifax transit strike began Feb. 2 and ended March 13, totalling 41 days. In the agreement reached between Metro Transit and its drivers, riders were given free transit fare for the re-

Passes honoured

- Anyone who purchased a Metro Transit pass for the month of February can use it for April.

maining days in March.

That free ride ended Sunday.

"It should have been a month or so," one woman, who wouldn't give her name, said Sunday while also waiting for her bus at the Mumford Road terminal.

The strike left her stuck at home a lot, she added.

"I was the happiest girl in the world when it came

back."

Regular bus user Tasha Corkum said she can understand how difficult it was for some people to get into the city during the strike, but feels the 17 days were enough of a freebie.

"I think people are getting a little greedy with wanting the buses for free," Corkum said. "The workers need to be paid."

But for Jeremy Blackburn, the free bus rides turned people soft.

"Everyone's getting lazy now," he proclaimed, prior to boarding his bus. "We don't need a bus service here in Halifax. It's a waste of the taxpayers' money."

Twitter

We asked readers via Twitter if 17 free days of transit was enough following the 41-day strike?

@KrissyShort: maybe it should have been 41 days. That makes much more sense.

@Jobboobs: 17 days doesn't make up for all the money I spent on the bridge, gas and parking not to mention the time lost time in traffic.

@lswaino: Yes! Given the transit pass reimbursements, I think we were lucky to get the free 17 days.

@marklewis2009: Sure saved me a buck or two on gas but now that the free ride is over I think its back to the car at least that's reliable.

@BrainsRTasty: People lost their jobs or had to drop out of school because of the #transitstrike. 17 free days was no where near enough!

@MathesonKatie: I got back \$33 for my Upass but lost hundreds in wages cuz I couldn't get to work and money spent on other ways home, so - no.

@ForzaStev: It was a good attempt, but why not 5 weeks worth to make up for ~5 inconvenient weeks of hell in #Halifax

@XKlaba: Not nearly enough. We need to recover the more than \$1000 cost of car rental, so 7 months would almost do it. 8 would be better

@BosnDavid: 17 free days was an insult for the inconvenience and the greed displayed by the drivers. #Halifax-FreeTransitApril2012

@realfatapollo: I will be riding free on the outside of the bus for the next 24 days to make up the difference

@EastCoastKnits: I could use some more free days. No money to buy a bus pass until Thursday pay day ;)

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NEWS

On the web

Check out
our new
website

Metro's thrilled to launch our new website with a reimagined, cleaner design and more content, including more special features, from our team of staff across the country. In addition to the many changes at metronews.ca, we've launched sleek new native apps for iPhone, iPad and Android. Be sure to download them and then head to metronews.ca.

Mobile news



Provocative new research might help explain why black women are more likely than white women to develop and die from cervical cancer. Scan the code for the story.



Operation Success: Ready for the corner office

Laila Nowell models a dress at the Turbine fashion show as part of the Dress for Success Tea Party benefit at the Westin Nova Scotian on Sunday afternoon. Dress for Success helps disadvantaged women by providing them with professional work attire and career development tools. RYAN TAPLIN/METRO

Saint Mary's new centre to have international flavour

Saint Mary's University students will soon see a new development on campus.

The university announced plans on Friday for the construction of a \$15-million development on the corner of Tower Road and Inglis Street.

The three-storey, 26,000-square-foot building will serve as home to a centre for business development and for Teaching English as Second Language, and it will have an international flavour and design.

Construction is set to begin in May, in the hope it will open by September 2013.

"We consider the classes to be an important springboard for students who don't have English-language skills when they come to Canada and who want to pursue high education," Gabe Morrison, vice-president of school ad-



An artist's rendering of the new development. CONTRIBUTED

ministration, said during a press conference at the school. "So we think it is an important service that we offer our international community."

Morrison also said the building will offer modern, bright and technologically sophisticated classrooms to students.

"The cramped quarters in the existing building and the layout and its increasingly severe structural concerns are not an appropriate place for this kind of learning."

The current TESL centre is expected to be torn down to make way for the new development.

DREW CASFORD/FOR METRO

Shipyard aid a misuse of public money: Critics

Irving yard to modernize. Premier says provincial shipbuilding cash will generate jobs and economic growth

Irving Shipbuilding will receive a \$304-million provincial aid package to help the company build the navy's next fleet of warships, a decision that one national taxpayers group says is a misuse of public money.

Announced Friday, the provincial government's assistance consists of a forgivable capital loan worth up to \$260 million and a repayable loan of \$44 million for human resources, technological and industrial development over 29 years.

Premier Darrell Dexter said the money will generate jobs and economic growth in Nova Scotia, which is trying to dig itself out of debt.

He said the fund is a small fraction of the estimated \$2.8 billion in tax revenue the contract is expected to generate over the first 19 years of its life.

"This is a tremendous opportunity that we helped realize," Dexter said. "My colleagues and I want to see this province thrive, and we will



Construction at the Irving yard will begin within a few years.

ANDREW VAUGHAN/THE CANADIAN PRESS

do everything we can to see it happen."

Dexter had said in the past that the government would provide money to Irving to make improvements to the yard, but he didn't reveal how much.

Jim Irving, CEO of Irving Shipbuilding, said the investment played an important role in the company's bid to build 21 combat vessels.

"This allowed us to put the most competitive bid in," Irving said at the company's Halifax shipyard. "We were up against some big provinces who have historically funded dramatic amounts of shipbuilding infrastructure over the years."

But Kevin Lacey of the Canadian Taxpayers Federation questioned the government's decision to give more public funding to a company that has

Money trail

- **Capital investment.** Irving said the provincial money would go toward the construction of an additional pier and the expanding of an existing module shop, among other infrastructure improvements planned for the shipyard.
- **Phased in.** The company estimates the first phase of construction will begin within the next three to four years, with another phase to be completed within the next eight to 10 years.

landed the lion's share of the largest military procurement in Canada's history.

"Taxpayers are already paying this company \$25 billion for these boats," Lacey said in an interview.

"They don't need another \$300 million from Nova Scotia taxpayers."

Lacey also took issue with the government's characterization of the money as a loan.

"The company at the end of the day does not have to pay this back, so it's just public relations to call it a loan," Lacey said of the \$260 million forgivable loan.

THE CANADIAN PRESS

Lower Sackville

Man in hospital after shooting

Police have seized a vehicle in connection with a shooting in Lower Sackville.

The Mounties say a 21-year-old man with a gunshot wound arrived at the Cobequid Community Health Centre at about 10:40 p.m. on Friday.

Const. Tammy Lobb said the man was transferred to the QEII Health Sciences Centre in Halifax where he is recovering from surgery.

Lobb says it is believed the shooting took place at a house on Manor Drive in Lower Sackville.

She would not say where the vehicle was seized.

Police say the incident is not believed to be random and no arrests have been made.

THE CANADIAN PRESS

Art school. NSCAD University may cut positions, raise fees

A cash-strapped fine-arts university in Halifax says introducing student fees and eliminating positions are among its ideas for becoming fiscally sustainable.

NSCAD University has submitted a plan to the province detailing how it intends to balance its budget. The 125-year-old independent university says it includes cutting jobs through attrition and hiring fewer part-time staff members.

Spokeswoman Marilyn Smulders says student fees could include charging students \$50 when they apply to graduate. She says such fees are common at other universities, but require provincial approval.

Other steps include freezing expenses and making changes to classes and sched-

Strapped for cash

- **Red ink.** A report released last year said the university was in serious financial trouble and needed to look at collaborative arrangements with other schools, including a possible merger.
- **Merger talk.** The school says there a number of proposed collaborations in the works with other universities, including jointly offering courses and programs.

uling, while using donations to help boost recruitment efforts.

THE CANADIAN PRESS

Bedford navy officer charged in espionage case denied bail

Publication ban. 'Fair amount of disclosure' at bail hearing

A Bedford navy intelligence officer accused in a rare case of espionage remains in custody after being denied bail by a provincial court judge.

Judge Barbara Beach turned down Sub-Lt. Jeffrey Paul Delisle's application for bail on Friday in Halifax, outlining her reasons in a decision that took roughly 40 minutes to read.

"We're disappointed that he wasn't released from custody," defence lawyer Mike Taylor said outside court.

"It's not a total surprise.... There were serious considerations that had to be looked at by the judge."

A broad publication ban was ordered covering evidence presented at Delisle's bail hearing Wednesday.

Delisle, charged with communicating information to a foreign entity that could harm national interests, has been in custody at the Central Nova Scotia Correctional Facility in Burnside since his arrest in January.

He will return to court May 8, when his lawyer said he will provide an update on the

No birthday celebration

Sub-Lt. Jeffrey Paul Delisle, who turned 41 Friday, glanced at family members as he left court, dressed in the same clothes he wore at an appearance earlier this week.

amount of material that has been disclosed to him by the Crown.

Taylor said he expected to have most if not all of the material within the next two weeks, adding that "there was a fair amount of disclosure."

He said a certain amount of that information has been redacted.

"It remains to be seen whether some of that will be unedited as we move down the line," he said. "We'll have to move forward and determine if we're going to challenge any of that."

He said his client could choose to move the case to Supreme Court and have dates set for a preliminary inquiry.

The Crown declined comment.

All the offences against Delisle are alleged to have happened in or near Halifax, Ottawa and Kingston, Ont.

THE CANADIAN PRESS



Sub-Lt. Jeffrey Paul Delisle is escorted by sheriffs from Halifax provincial court in this photo from January. RYAN TAPLIN/METRO

Review underway after prisoner escape: Report



Thomas Arnold Jones. CONTRIBUTED

Police arrest

Taser sends woman to hospital

Halifax police say a 43-year-old woman was sent to hospital after being Tasered during her arrest by two officers.

A news release says police received a call at 11 p.m. on Thursday that an agitated woman with two knives was attempting to

stop traffic at the intersection of Jackson and Victoria roads in Dartmouth.

Police say a pizza store called about 10 minutes later to say that the woman was inside the store asking for food.

The release says that the officers who responded to the scene Tasered the woman after she allegedly approached them with knives in her hands.

THE CANADIAN PRESS

Two sheriffs did not handcuff an inmate who escaped a moving van in Dartmouth last month, contrary to policy, says a provincial Justice Department report.

In a release issued on Friday, the department said the man was being taken to a court appearance in Dartmouth with seven other inmates on Feb. 15 when he escaped.

The report said two deputy sheriffs restrained the other inmates, but didn't handcuff the man and didn't keep a constant eye on what was happening inside the van.

Raw sewage spill

Middleton water is safe to drink again

Nova Scotia's Environment Department says drinking water in Middleton is safe after raw sewage spilled into Eel Creek.

The department says an investigation determined it was a limited release of sewage over a 24-hour period.

The sheriffs also "did not account for the extra set of handcuffs that was leftover after restraining the offenders," said the two-page report.

The report said the inmate broke a defective window that was part of a cell inside the van, and was then able to gain access to the vehicle's back door.

Though his legs were restrained, the man rode on the van's bumper for a while and hopped off before it arrived at court. The department also found the inmate was able to remove the restraint from one leg while on the lam.

A man turned himself in to police several hours later.

Thomas Arnold Jones, 48, is facing various charges in relation to the incident.

A department spokeswoman said the staff involved have been disciplined but declined to say what action was taken, saying it was a personnel matter.

The report said windows in the so-called containment units of sheriff's vans have been inspected or replaced. They have also been reinforced by metal screens or bars.

Restraints will also be monitored for defects and replaced

Procedures not followed

In a statement, Justice Minister Ross Landry said steps have been taken to ensure a similar incident doesn't happen again. "In this case, proper procedures were not followed, and this is not acceptable," he said.

as necessary.

The report said a review is underway into the process of loading inmates at the Central Nova Scotia Correctional Facility. THE CANADIAN PRESS/ WITH FILES FROM METRO

Failing to remain

Driver faces impaired charges

A 61-year-old man is facing charges of impaired driving after a crash in northern Nova Scotia involving a sport utility vehicle and a tractor-trailer.

RCMP says the man will also be charged with failing to remain at the scene of

an accident and failing to yield.

Police say the vehicles collided on Highway 104 in Heatherton near the Rev. H.J. MacDonald Elementary at noon.

Nobody was injured in the incident.

They say the collision occurred when the SUV crossed the highway onto the Bayfield Road.

THE CANADIAN PRESS



Thrilla on the Hilla goes to Liberals in three rounds

Conservative Senator Patrick Brazeau and Liberal MP Justin Trudeau fight in a charity boxing match for cancer research Saturday in Ottawa. Trudeau won, stopping Brazeau in the third round. Former Liberal prime minister Pierre Trudeau, Justin's father, died of prostate cancer, while Brazeau's mother died of lung cancer. FRED CHARTRAND/THE CANADIAN PRESS

Health and safety

Feds looking to bury nuclear waste

The federal government is eyeing the site of the Chalk River nuclear reactor, 160 kilometres northwest of Ottawa, as a radioactive waste site.

Atomic Energy of Canada

Ltd. says 267,000 cubic metres of low- and medium-grade nuclear waste is now stored above-ground in steel containers at the Chalk River site. The amount of radioactive material is expected to grow to 360,000 cubic metres by 2100. That's enough debris to fill 106 Olympic swimming pools now, and 144 by the end of the century.

THE CANADIAN PRESS

Coffee crazed

Drive-thrus cause traffic jams?

Canadians lining up in their cars for a Tim Hortons fix are causing traffic snarls and headaches in cities across the country.

The problem has become so bad in Saskatoon that

one city councillor has proposed a ban on all future drive-thrus.

City transportation manager Angela Gardiner said the dilemma was brought up at a national transportation engineering conference last year. Traffic numbers for Tim Hortons drive-thrus greatly exceed the average for other fast-food outlets in Canada. THE CANADIAN PRESS

Potato farmer home from Lebanese jail

Seeking extradition.

N.B. man's lawyers, family expressed concerns about his deteriorating health

After more than a year in a Lebanese jail, Henk Tepper is finally home.

"I'm happy to be home," the New Brunswick potato farmer told a throng of reporters as he left the customs area at the Ottawa airport Saturday.

Tepper, who is in his mid-40s and from Drummond, N.B., has been in custody in Beirut since March 23 of last year.

He was picked up on an international arrest warrant on allegations he exported rotten potatoes to Algeria in 2007 and forged export documents.

A source close to Tepper says an Interpol red notice issued by Algeria remains in effect and the notice says he could face up to five years in prison if convicted of the allegations.

Tepper's lawyers have denied all of the allegations, saying the potatoes were inspected in Canada before shipment and

Political inaction?

A number of public appeals and meetings were held to push for Tepper's return.

- **Legal limbo.** Diane Ablonczy, Canada's minister of state of foreign affairs, issued a statement saying the federal government has been working behind the scenes to get Tepper released.

- **Not enough.** Tepper's family and Liberal politicians have criticized Ottawa's efforts to have him returned to Canada, accusing the feds of not doing enough.

met Algerian standards.

Algeria also alleges that Tepper forged documents related to the export of potatoes from Quebec and Prince Edward Island.

Tepper was arrested in Lebanon when he travelled to the Middle East on an agricultural trade mission to promote seed potatoes from Atlantic Canada.

THE CANADIAN PRESS

Stranded cruise ship reaches Malaysian shore after on-board fire



Passengers from the stricken cruise ship Azamara Quest queue to check in at a hotel in Sandakan, Malaysia, Monday. MARK BAKER/THE ASSOCIATED PRESS

A luxury cruise ship stranded at sea for 24 hours because of a fire safely reached a Malaysian port where police and embassy officials stood by Sunday to help 1,000 people aboard, including 45 Canadians.

The Azamara Quest drifted off the southern Philippines after flames engulfed one of its engine rooms Friday, injuring five crew members. It restored propulsion the next night and reached the harbour of Sandakan city in Malaysia's eastern state of Sabah on Borneo island late Sunday.

Two ambulances came out of the port shortly after the ship

docked, followed more than two hours later around midnight by a fleet of buses taking passengers to hotels. Inside the buses, several people appeared tired, but many others smiled and one man waved to reporters waiting outside the port.

It was the latest in a series of accidents hitting luxury cruise liners since January, when the Costa Concordia capsized off the coast of Italy, killing 32 people.

The fire on the Azamara Quest had been extinguished immediately, but five crew members suffered smoke inhalation, including one who was

seriously injured and needed hospital care, the ship's operator has said.

The 11-deck vessel, which features a casino, spa and shopping boutiques, was carrying 590 passengers and 411 crew members. Over one-third, or 201, of the passengers were American, according to lists of passenger and crew nationalities provided by the ship captain to the Philippine Coast Guard.

Canada's Department of Foreign Affairs and International Trade said it is aware of reports that a cruise ship carrying Canadians experienced "technical

difficulties" and continues to monitor the situation.

"To date, we have no reports of any injuries," a department spokesman said in an email.

Port officials stopped journalists from approaching the vessel because of what a Malaysian agent for the ship's operator said was part of the company's instructions.

Azamara Club Cruises, the ship's Miami, Florida-based operator, said in a statement earlier Sunday the ship was sailing at a top speed of only 11 kilometres per hour to reach Sandakan.

THE ASSOCIATED PRESS

Who doesn't love a chocoholiday.

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Aung San Suu Kyi's supporters in Yangon, Myanmar, erupt in euphoric cheers Sunday after learning she had won a parliamentary seat in a landmark election. ALTAf QADRI/THE ASSOCIATED PRESS

Aung San Suu Kyi wins Myanmar parliament seat

Election. Supporters celebrate as iconic democracy campaigner wins political office

She struggled for a free Myanmar for a quarter-century, much of it spent locked away under house arrest. The Nobel Peace Prize laureate, whose non-violent campaign for democracy at home transformed her into a global icon, is now on the verge of ascending to public office for the first time.

Aung San Suu Kyi, 66, was elected to parliament Sunday in a historic victory

Reaction

"Even the most repressive regimes can reform, and even the most closed societies can open."

Hillary Rodham Clinton
U.S. Secretary of State

buffeted by the jubilant cheers of supporters who hope her triumph will mark a major turning point in a nation still emerging from a ruthless era of military rule.

If confirmed, the election win will also mark an astonishing reversal of

fortune for a woman who became one of the world's most prominent prisoners of conscience.

When she was finally released in late 2010, just after a vote her party boycotted that was deemed neither free nor fair, few could have imagined she would make the leap from democracy advocate to elected official in less than 17 months, opening the way for a potential presidential run in 2015.

The results must be confirmed by the government's electoral commission, however, which may not make an official declaration for days. **THE ASSOCIATED PRESS**

Ice fishing

675 rescued from Russian ice floe

Russia's emergency services rescued 675 fishermen on Sunday from an ice floe that was drifting out to sea in the far east of the country.

None of the rescued ice fishermen required medical treatment, the emergency services on Sakhalin Island said. About half of the 675 fishermen were picked up by helicopters and the others by boat. Ice fishermen routinely get stranded on ice floes in Russia, especially as temperatures rise in spring. Sunday's operation was unusual only in the high number that had to be rescued.

THE ASSOCIATED PRESS

Istanbul conference. 70 countries pledge cash for Syrian rebels

A coalition of at least 70 countries pledged on Sunday several million dollars a month and communications equipment for Syrian rebels and opposition activists, signalling deeper involvement in the conflict amid a growing belief that diplomacy and sanctions alone can't end the regime's repression.

"If (Syrian President Bashar) Assad continues as he has, to fail to end the violence ... then it's unlikely he is going to ever agree," said U.S. Secretary of State Hillary Rodham Clinton. **THE ASSOCIATED PRESS**



A Syrian boy flashes the victory sign during a demonstration in Idlib, Syria. **THE ASSOCIATED PRESS**

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Bosnia	13 ⁹ ¢	Italy	1 ⁹ ¢	South Korea	2 ⁹ ¢
China	1 ⁹ ¢	Lebanon	7 ⁹ ¢	Sri Lanka	9 ⁹ ¢
Colombia	3 ⁹ ¢	Mexico	1 ⁹ ¢	Trinidad	4 ⁹ ¢
Cuba	89 ⁹ ¢	Pakistan	5 ⁹ ¢	U.A.E	14 ⁹ ¢
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Fuel-tanker strike? U.K. quells mad rush to pumps

Britain's government has moved to stop panic buying at gas pumps, telling motorists there is no need to fill up their tanks as previously stated. The new advice caps several days of confusion, which even supporters of the ruling Conservative Party say has dented its leadership credentials.

Things went wrong shortly after Britain's Unite union threatened to pull off a fuel-tanker strike that could still

leave thousands of service stations drained of gasoline. Such strikes can have serious political consequences in Britain, where gasoline prices are already among the highest in Europe.

Fuel shortage warnings went as far as Cabinet Office minister Francis Maude, suggesting that drivers fill their jerry cans — containers that can hold 20 litres of gasoline — as reserve. **THE ASSOCIATED PRESS**

Anti-tax protest

1M households in Ireland fail to pay property tax

Ireland is facing a revolt over its new property tax. The government says one million of the country's 1.6 million households have failed to pay the annual charge by Saturday's deadline. About 5,000 protesters marched through Dublin denouncing leaders.

THE ASSOCIATED PRESS

Swiss investigation

German tax inspectors accused of 'espionage'

Swiss authorities have issued arrest warrants for three German tax inspectors over the purchase of a CD containing data on suspected tax cheats, according to the Bild am Sonntag newspaper. Reports say the Swiss accused the officials of "economic espionage."

THE ASSOCIATED PRESS

High time to tax the rich fairly: Obama

Buffett Rule. Push for new taxation comes as millions of Americans prepare taxes for April filing deadline

Tax rates

"Warren Buffett is paying a lower rate than his secretary. Meanwhile, over the last 30 years, the tax rates for middle-class families have barely budged."

U.S. President Barack Obama, on ending tax cuts for the wealthy

U.S. President Barack Obama is calling on Congress to increase taxes on millionaires, reviving a proposal he first pitched last September that aims to draw sharp election-year lines between the president and the Republican opposition.

The plan, scheduled for a vote in the Democratic-controlled Senate on April 16, stands little chance of passing in Congress. But it is a prominent symbol of the efforts the president and congressional Democrats are making to portray themselves as champions of economic fairness. Republicans dismiss the idea as a political stunt with little real effect on the budget.

"We don't envy success in this country. We aspire to it," Obama said in his Saturday radio and Internet address. "But we also believe that anyone who does well for themselves should do their fair share in return, so that more people have the opportunity to get ahead — not just a few."

Obama calls the plan the

"Buffett Rule" for Warren Buffett, the billionaire investor who has complained that rich people like him pay a smaller share of their income in federal taxes than middle-class taxpayers. Many wealthy taxpayers earn investment income, which is taxed at 15 per cent. Obama has proposed that people earning at least \$1 million annually — whether in salary or investments — should pay at least 30 per cent of their income in taxes. The push draws renewed attention to Republican presidential front-runner Mitt Romney, a millionaire who is paying 15.4 per cent in federal taxes for 2011 on income mostly derived from investments.

The president encouraged listeners to pressure their members of Congress "to stop giving tax breaks to people who don't need them." **THE ASSOCIATED PRESS**

HRM by DESIGN The Centre Plan

HALIFAX
REGIONAL MUNICIPALITY

A Plan for Vibrant Streets and Neighbourhoods

The Centre Plan is Phase 3 of HRMbyDesign. Phase 1 developed Regional Centre Vision and Principles and Phase 2 developed the Downtown Halifax Plan. Taken as a whole, HRMbyDesign presents a 25 year vision of a dense, livable and prosperous Regional Centre that will create economic and environmental benefits across the entire municipality.

In October 2011, Halifax Regional Council initiated the HRMbyDesign Centre Plan and directed that a new Regional Centre Municipal Planning Strategy and Land Use By-law be completed by 2015.

New growth opportunities and challenges led Council to request new policies for several commercial corridors in Halifax and Dartmouth in 2012 (for detailed map please visit www.halifax.ca/planhrm/centreplan.html). These policies will ensure that the character and scale of neighbourhoods is protected, while accommodating new opportunities for well-designed development.

The following meetings are part of the community engagement for this first phase of the Centre Plan. All are welcome!

Public Consultation Meetings

Neighbourhood(s)	Meeting 1 6:30 pm – 9:00 pm	Meeting 2 6:30 pm – 9:00 pm
Dartmouth Pleasant Street Portland Street Green Village Lane Graham's Grove	April 2 NSCC Waterfront Campus Room 4732, Woodside Wing 80 Mawmiom Place, Dartmouth	April 30 NSCC Waterfront Campus Room 4732, Woodside Wing 80 Mawmiom Place, Dartmouth
Dartmouth Windmill Road Wyse Road	April 4 Dartmouth Sportsplex Nantucket Room 110 Wyse Road, Dartmouth	May 2 Dartmouth Sportsplex Nantucket Room 110 Wyse Road, Dartmouth
Halifax Agricola Street Gottingen Street	April 5 Bloomfield Centre Multipurpose Room 2786 Agricola Street, Halifax	May 10 Bloomfield Centre Multipurpose Room 2786 Agricola Street, Halifax
Halifax Spring Garden Road Quinpool Road	April 10 Atlantica Hotel Guild Hall 1980 Robie Street, Halifax	April 30 Atlantica Hotel Guild Hall 1980 Robie Street, Halifax
Halifax Young Street	April 11 Halifax Forum Maritime Hall 6210 Young Street, Halifax	May 9 Halifax Forum Maritime Hall 6210 Young Street, Halifax

For more information on the HRMbyDesign Centre Plan project:

halifax.ca/PlanHRM

twitter.com/PlanHRM

facebook.com/PlanHRM

902-490-8479

Written submissions:

Email: PlanHRM@halifax.ca
Mail: Halifax Regional Municipality
Regional Planning Office
2nd Floor, 40 Alderney Drive
PO Box 1749, Halifax, NS, B3J 3A5



Burger King courts the healthy

A diner orders food at a Burger King restaurant in Miami. Burger King launches 10 menu items including smoothies, frappes, specialty salads and snack wraps Monday — its biggest menu expansion since the chain opened its doors in 1954. **LUIS M. ALVAREZ/THE ASSOCIATED PRESS**

Market Minute

DOLLAR
100.25¢
(-0.08¢)

TSX
12,392.18 (+53.18)

OIL
\$103.02 US (+0.24¢)

Natural gas: \$2.12 (-2.6¢) per
1,000 cubic feet
Dow Jones: 13,212.04 (+66.22)

GOLD
\$1,671.90 US (+\$17.00)

CONSIDER A DIFFERENT WAY OF CUTTING BUDGET PIE



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

In the all-too-brief interregnum between Thursday's bad-news federal budget and Tuesday's more-bad-news provincial budget, it's worth noting the across-the-

board-cost-cutting Kool Aid fiscal-policy makers in Ottawa and Halifax have swallowed is not the only — or necessarily best — way to slay the deficit dragon.

The Nova Scotia branch of the Canadian Centre for Policy Alternatives, for example, a progressive think tank, recently released its annual alternative provincial budget. Its Forward to Fairness document calls for "strategic investments" while finding "creative ways to save money and increase revenue."

Instead of rushing to balance the budget in 2013-14 "to fit the timing of the electoral cycle," the CCPA wants the government to stretch the back-to-balance timetable to 2015-16 to "reflect the actual fiscal situation."

"Austerity does not come for free," says the CCPA's Nova Scotia director, Christine Saulnier. The CCPA says the government's decision to cut \$772 million in public spending over four years will have meant the loss of "well over 10,000 jobs."

By contrast, the CCPA's approach involves investing \$492.5 million in social infrastructure and programs, including everything from \$40 million to establish 10 new community-health centres, fund 10 more nurse practitioners and 12 more midwives, to \$45 million to phase in an early-learning and child-care system and \$21 million for rural public transit.

Where would the money come from to pay for all this? Primarily by shifting the tax burden, says the CCPA, from low- and middle-income taxpayers "to the upper 45 per cent of income earners,

especially the top 10 per cent," those who have gained the most in the past decade.

Don't expect to hear any of this on Tuesday. While the CCPA had what Saulnier calls "a serious and engaged exchange" with Finance Minister Graham Steele, the finance department "has framed the problem and the solutions in a way that precludes our proposals."

"In other words, they see declining enrolment in P-12 as a way to justify cutting; we see it as an opportunity to finally catch up with the rest of Canada and begin to really address quality."

Pity.

April Fool's. WestJet introduces 'Kargo Kids'

WestJet took part in April Fool's Day celebrations Sunday by posting a gag video entitled WestJet Introduces Child-free Cabins.

Touting its so-called Kargo Kids program, the video outlines how the Calgary-based airline will allow parents to travel kid-free by putting the youngsters in cargo with luggage.

In a friendly, straightforward tone, Richard Bartrem, vice-president of communications at WestJet, says the benefits of the program include a "state of the art feeding trough" and lots of room for them to "run, play, scream and eat all they

On the web



If you can check your bags, you can check your kids. Watch the video.

want."

The comments are just as funny and noteworthy as the video itself. Many people said they actually like the idea.

DELIA MACPHERSON/FOR METRO

Global awareness looks bright



MARKUS SCHREIBER/THE ASSOCIATED PRESS

Earth Hour

150 countries dim the lights

Volunteers of the World Wide Fund for Nature set their own candles amongst about 5,000 others to picture the globe prior to Earth Hour in front of the Brandenburg Gate in Berlin on Saturday. Earth Hour takes place each year and is a global call to turn off lights in a bid to highlight global climate change.

THE ASSOCIATED PRESS

Quoted

"We didn't really know how it would go when it first started, but each year we have more and more countries and cities and communities join on."

Zoe Caron, a spokeswoman for the World Wildlife Fund's Canadian operations

A song for action

- The new Earth Hour Anthem, When the Lights Go Down, was sung by crowds in Toronto to celebrate Earth Hour.
- The WWF calls it Canada's first ever crowd-sourced song. It was created from lyrics submitted and voted on by Canadians across the country.

National effort

511

The World Wildlife Fund Canada said 511 Canadian cities and towns participated in this year's event — the most ever.

Audio art project transcends generations

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Who says young and old can't mix? Some of the youngest residents of Hali-

fax recently teamed up with some of the oldest for an unusual art project.

Grade 1 students from Joseph Howe School and a group of seniors from Northwood teamed up to create a hollow tile sculpture. Fitted creatively inside the sculpture are audio clips of interviews between the children and seniors. Dorota Forfa, an artist and teacher, helped both groups

with the project, the goal of which was to connect children with a part of the community that they wouldn't otherwise interact with. Students were encouraged, and excited, to ask the seniors questions about their lives and experiences. The sculpture, which is now at Joseph Howe School, may be displayed at Gottingen Street Library as a symbol of the connection between the

two groups. Real art that truly spans the generations! CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

2

SCENE

Box office

Fans still eating up *Hunger Games*

The *Hunger Games* is still the first item on the menu for movie fans. The blockbuster took in \$61.1 million to remain the No. 1 film in its second weekend. Studio estimates Sunday put *The Hunger Games* well ahead of Sam Worthington's action sequel *Wrath of the Titans*, which opened in second place with \$34.2 million. That's far below the \$61.2 million opening of its predecessor, *Clash of the Titans*, two years ago. Julia Roberts' comic *Snow White* reinvention *Mirror Mirror* debuted at No. 3 with \$19 million. Roberts plays the wicked queen opposite Lily Collins as *Snow White*.

THE ASSOCIATED PRESS

On the web



For more coverage of the Juno Awards and our exclusive interview with The Sheepdogs, visit metronews.ca/scene

Feist still a Juno darling as she's named artist of the year

Awards. Feist, the Sheepdogs have an award-filled weekend in Ottawa with three wins each at the 2012 Juno Awards



JOE LOFARO
Metro in Ottawa

Feist and Saskatchewan band the Sheepdogs came out on top at the 2012 Juno Awards by snatching three Junos each over the weekend.

After winning two each at a gala and awards dinner Saturday, they both won their third at the televised show held at Scotiabank Place in Ottawa on Sunday.

On Sunday, the Sheepdogs won single of the year for their hit *I Don't Know*. The Nova Scotia-born singer-songwriter Feist won artist of the year, sweeping aside City and Colour,



Singer-songwriter Dallas Green accepts his Juno for songwriter of the year on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

deadmau5, Drake, and Michael Bublé.

Nickelback kicked off the 41st Juno Awards show with a performance of *This Means War*. William Shatner hosted the show, opening it by telling

the audience in Ottawa: "It's going to be a crazy night...not Vancouver crazy, let's keep the cars right-side up here."

Before the show started, some of the nominees graced the red carpet outside the arena

in chilly temperatures.

Feist, Lights, MonkeyJunk, Dan Mangan, Nickelback, and Hedley greeted shrieking fans. Deadmau5 arrived wearing one of his signature "mau5heads."

Canadian stars shine at gala dinner



Electronic musician Lights was the first artist to perform at Saturday's non-televised Juno gala and awards dinner. SEAN KILPATRICK/THE CANADIAN PRESS

The Ottawa Convention Centre was transformed into a star-studded hub of Canada's greatest musical talent Saturday night as artists were handed the first batch of the 2012 Juno Awards.

The invite-only, non-televised Juno gala and awards dinner preceded Sunday's Juno Awards broadcast. Electronic musician Lights was first to perform at the event, playing *Where The Fence Is Low*, from her new album *Siberia*.

Jian Ghomeshi, host of the Q on CBC, hosted the gala and slipped in a few jokes on stage. He didn't shy away from dropping the F-bomb twice, either.

Thirty-four awards were presented in rapid-fire succession with performances spread throughout the

night by Oliver Jones, Lindi Ortega, Dan Mangan and MonkeyJunk.

Some winners from Saturday were: The Sheepdogs for new group of the year; Arkells for group of the year; Hedley's *Storms* for pop album of the year; and KENmode's *Venerable* for metal/hard music album of the year.

Feist won a Juno for adult alternative album of the year for her work on *Metals*. S

She and Chip Sutherland also won for music DVD of the year.

Toronto rapper Drake, who was a no-show, won rap recording of the year for *Take Care*.

Also during the gala, Montreal band Simple Plan received the Allan Waters Humanitarian Award.

JOE LOFARO/METRO OTTAWA

Winners

Here is a partial list of some of the best acts in Canada — the 2012 Juno Award winners.

- **Juno fan choice.** Justin Bieber
- **Single of the year.** *I don't know* — The Sheepdogs
- **Album of the year.** *Christmas* — Michael Bublé
- **Artist of the year.** Feist
- **New artist of the year.** Dan Mangan
- **Songwriter of the year.** Dallas Green
- **Dance recording of the year.** *Hello* — Martin Solveig & Dragonette
- **Group of the year.** Arkells
- **New group of the year.** The Sheepdogs
- **Country album of the year.** *Roots and Wings* — Terri Clark
- **Pop album of the year.** *Storms* — Hedley
- **Rock album of the year.** *Learn & Burn* — The Sheepdogs
- **Alternative album of the year.** *Oh Fortune* — Dan Mangan
- **Rap recording of the year.** *Take Care* — Drake
- **Adult alternative album of the year.** *Metals* — Feist
- **Blues album of the year.** *To Behold* — MonkeyJunk
- **International album of the year.** *21* — Adele

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Morning shows heat up this week



THE WORD
Dorothy Robinson
scene@metronews.ca

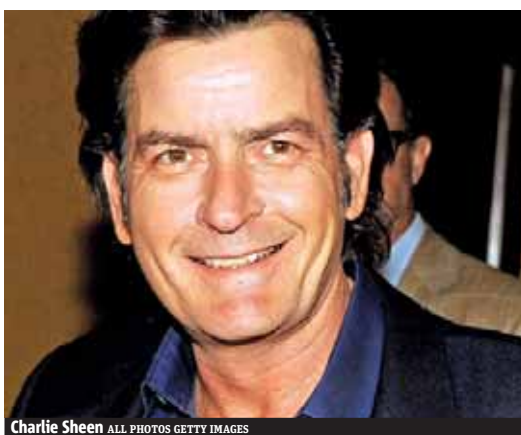
The Today Show is responding to the missile that ABC hurled last week — the announcement that anchorwoman Katie Couric is guest hosting Good Morning America — with a nuclear warhead of their own: The NBC morning show announced over the weekend that Tuesday's

guest host will be none other than Sarah Palin (yes, that Sarah Palin. We thought it was an April Fools' joke, too).

To make things even more interesting, Oprah is stopping by CBS Morning News on Monday to see her BFF, host Gayle King.

According to a CBS press release, Oprah's coming to "discuss everything from the latest developments at OWN, her Leadership Academy, and life after her daytime talk show."

Katie Couric, Sarah Palin, Oprah: It's as though this week's morning news ratings war was created just to give the rival networks' late-night talk show hosts something to joke about.



Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen: Oh, what a year

It's hard to believe, but it's been a full year since Charlie Sheen's very public meltdown and the words "tiger blood" were launched into the public lexicon. Now Sheen is embarking on something of an apology tour.

"I didn't recognize parts of who that guy was. I just wish it was somebody else's body. You say it's been a year — it's either been a day, or a hundred years," Sheen told Matt Lauer during an interview on the

Today show last week.

"I guess the plan was to reintroduce myself to America and to the media and say, 'Sorry about that, but here's what's happening now.'"

Clearly, that didn't go as planned. Now Sheen is busy promoting a new TV show, FX's Anger Management.

"I couldn't have the Two and a Half Men thing be my television legacy," Sheen says.

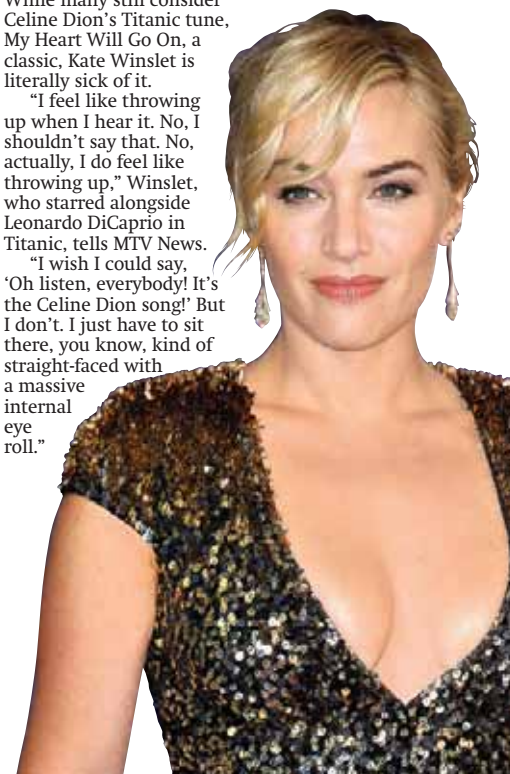
"I couldn't have that end on that note."

Winslet wants to barf

While many still consider Celine Dion's Titanic tune, My Heart Will Go On, a classic, Kate Winslet is literally sick of it.

"I feel like throwing up when I hear it. No, I shouldn't say that. No, actually, I do feel like throwing up," Winslet, who starred alongside Leonardo DiCaprio in Titanic, tells MTV News.

"I wish I could say, 'Oh listen, everybody! It's the Celine Dion song!' But I don't. I just have to sit there, you know, kind of straight-faced with a massive internal eye roll."



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Top 5: March 30th

- 5 Kelly Clarkson Stronger
- 4 Justin Bieber Boyfriend
- 3 Carly Rae Jepsen Call Me Maybe
- 2 One Direction What Makes U Beautiful
- 1 David Guetta ft Nicki Minaj Turn Me On

Weeknights at 9
Tessa counts down the **HOTTEST 5** songs that day!

1013THEBOUNCE.COM

Halifax Community Health Board

We're looking for great people!

Halifax Community Health Board is seeking volunteer board members interested in creating a healthier community. We serve residents of Fairview, North End Halifax, Downtown, Northwest Arm, South End Halifax, and Connaught/Quinpool.

We want our Board to reflect our community, so diversity, gender balance and the age of our members is important to us. If you are interested in a healthier Halifax, we want to hear from you!

For more information please contact Laurie MacNeil at 487-0571 or email laurie.macneil@cdha.nshealth.ca

Deadline for applications is Monday April 30th, 2012

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3

LIFE

Tax Breaks

Fitness and Art

Gymnastics, art, music, hockey, ballet. Did you know that some of your children's extracurricular activities can actually result in tax breaks for you?

With the Children's Arts Tax Credit or the Children's Fitness Tax Credit, parents can claim up to \$150 per child per year for eligible art and fitness expenses paid for children under 16.

The organizations you're handing your kids off to will be able to tell you if they are eligible for the credit, and they'll determine the part of the fee that qualifies for the tax credit.

Don't forget to request a receipt for tax purposes.

SARAH DEVEAU,
YUMMYMUMMYCLUB.CA

On the Web



P.E.I. school kids play Fathers of Confederation, win national contest.

Chores

Women re-do husband's chores

Hands up if you reload the dishwasher after your husband has done it. Well, you're not alone.

According to the Telegraph, most women deem it necessary to "do over" the chores their domestically-challenged spouses proudly

tackle around the house. Nearly half of the women polled say they re-wipe countertops and a third of them remake beds. If you ask us if women want equality, they shouldn't be re-doing tasks that have been assigned to their husbands in the name of domestic bliss, even if they can't figure out how to properly hang the hand towels.

JULIE GREEN (A.K.A. MUMMY BUZZ),
YUMMYMUMMYCLUB.CA



Polls show that most women do over their husband's chores. ISTOCK

App

Housework is fun with this app

What if you could turn household chores into a game? The HighScore House app turns mundane into fun by assigning points to chores.

Parents simply enter their children's daily chores and assign point values to

each one. Kids can mark off all of their completed tasks and count up their points.

Once kids have enough points, they can redeem them for rewards — picking what they want for dinner (10 points) or staying up an extra 15 minutes (20 points). The rewards are defined by you.

The interface is fresh and funky, and definitely has a fun factor to it.

KRISTA SWANSON,
YUMMYMUMMYCLUB.CA

Got baby-name remorse? You're not the only one

Names. Here are some ways of dealing with people's reactions to your child's name

CANDACE ALPER
yummymummyclub.ca

When choosing the perfect name, the resources are endless. Baby-name books and online baby-naming tools are plentiful (a search for baby name books at indigo.com yielded 478 choices, and at 995 amazon.com).

Then there is the desire to be different. Babies are also being given names that might have come from browsing a dictionary or map.

With choice can also come challenges. Some things we hear parents say are:

"I love the name I chose and so did the parents of the five other Sophies or Sophias in my daughter's class."

"My son's name is always mispronounced. So frustrating. I like the way it sounds when we say it."

"In an effort to give our son a traditional name with a twist, we changed the spelling and added a (silent) H. I'm tired of spelling it for

Pronunciation

It makes you cringe and scream inside when that lovely name is mispronounced. Learn how you and your child can deal with it.

- **Repeat it.** Use your child's name often so that the people around you hear it and catch on. "Maygan was up all night again," "Maygan will need a good nap today," etc.
- **Shorten it.** Be OK with a short form of the name that you know won't be mispronounced. For example, Alex can be a nickname for Alexandria or Alexandra.
- **Ignore it.** You saw it coming. You're ready for it. Help your child learn that his or her name might be said in different ways.

people and I think he will be too. This is the one time in my life that I'm wishing I had listened to my mother."

Got regret? Here are some things that you can do:

Use your child's middle name or initials.



Giving your child a unique name can pose problems. ISTOCK

Choose a nickname that fits. Miley Cyrus was born "Destiny Hope" and was always called "Smiley" because she smiled so much. She

shortened it to Miley. Voila.

How about a variation on the name? Alexandra could be Allie or Lexie; Jacob could be Coby or Jay.

Go with it! Remember why you chose it in the first place. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD



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metro

Let the greens season begin with a tangy Greek Salad



This recipe serves four to six. THE CANADIAN PRESS

There is no doubt that the best Greek Salad is made with seasonal, local vegetables, but this classic Mediterranean starter also brightens up appetites ready for spring weather.

It's best, of course, teamed with a fine Greek extra virgin olive oil, good firm kalamata olives and tangy imported

Greek feta.

1. Slice cucumber in half lengthwise and scoop out seeds. Cut cucumber into bite-size pieces.

2. In a large bowl, combine cucumber, green pepper, tomatoes, red onion and olives.

Sprinkle with olive oil, oregano and salt and pepper to taste.

3. Add a splash of vinegar if salad needs a touch of acidity; it all depends on the flavour of the tomatoes.

4. Fold in chunks of feta. Serve

Ingredients

- Half an English cucumber
- 1 green bell pepper, cut into chunky bite-sized pieces
- 2 ripe tomatoes, cut into chunky bite-sized pieces
- Half a small red onion, thinly sliced and separated into rings
- 125 ml (1/2 cup) pitted and sliced kalamata olives
- 45 ml (3 tbsp) extra virgin Greek olive oil
- 10 ml (2 tsp) dried oregano leaves, crumbled
- Kosher or sea salt
- Freshly ground black pepper
- 15 ml (1 tbsp) red wine vinegar (approx)
- 125 g (4 oz) feta cheese, broken into small chunks
- Fresh crisp greens (optional)

on a bed of fresh crisp greens, if desired.

ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE INC.)/THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOK-BOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, PLEASE VISIT EMILYRICHARDSCOOKS.CA.

Healthy eating

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Many Chinese restaurants are known for their plentiful dishes that won't break the bank. But be careful what you reach for.

Pork Chop Suey with Noodles

1,341 calories, 81 g fat
In many Chinese restaurants, the quality of pork used in this dish is of a lesser quality, usually with excess fat.



Equivalent

One serving of Pork Chop Suey with Noodles is your total daily calories and fat. It is equal in calories to 10 loaded chicken wraps from Popeyes.



Chicken Chop Suey with Noodles

819 calories, 40 gm fat
Chances are boneless, skinless chicken breast is used in this dish, resulting in close to half the calories and fat.



Queen of Green

Avoid these home hazards

What qualifies as household hazardous waste? I have old Comet and Pledge bottles collecting dust.
Kylie of Halifax



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca



Many common household cleaners sold in Canada contain hazardous chemicals.

Examples of household cleaners considered to be household hazardous waste (HHW) are abrasive cleaners, aerosol air fresheners, all-purpose cleaners, ammonia, bleach, disinfectants, drain cleaners, fabric softeners, glass cleaners, laundry stain removers, mildew removers, oven cleaners, toilet cleaners, and tub and tile cleaners.

These materials or products can cause illness or death to people, plants and animals.

Correct disposal is important to prevent the spread of chemicals in our soil, air and water.

Never pour or flush

HHW substances down the drain where they will enter the sewage system.

Chemicals can corrode plumbing and cause failure in septic systems before they make their way to our waterways and oceans. I realize that's ironic, because most of them are used to clean the toilet and end up down the drain!

Each Canadian province has instituted a household hazardous waste collection program to make it easy for Canadians to dispose of these toxic items with minimal environmental impact.

In Nova Scotia, HHW disposal options by are divided by seven different solid waste-resource management regions.

Check out ReduceYourWaste.ca or the government website gov.ns.ca/nse/waste.

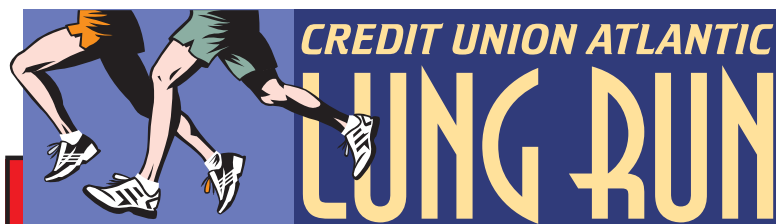
Next shopping trip down the cleaning products aisle, avoid cleaners with hazard symbols.

Opt instead for products from companies that voluntarily disclose ingredients on the label.

In fact, we're asking Canadians to open up their cleaning cupboard to investigate whether their home cleaning products contain toxic ingredients.

Please take 10 minutes to fill out our survey this spring at davidssuzuki.org/whatsinside (and enter for a chance to win fabulous prizes).

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World Cup ski champion Thomas Grandi and Olympic silver medal winning cross country skier Sara Renner are raising their young family in Canmore, Alta. PROVIDED

Passion at its peak.
Two high-performance athletes provide hospitality in the hills



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Olympic medalist Sara Renner and World Cup champion Thomas Grandi may have retired from competitive skiing, but they didn't park their skis too far from the front door. Sliding into the business world, they bought Paintbox Lodge in Canmore, Alta., and are now raising their young family amidst the glorious Rocky Mountains.

Moving from high performance athletics to business isn't that much of a stretch. Most athletes do four-year business plans when getting ready for an Olympics and run their careers like a business. But Grandi admits there was one

Lesson learned

"Patience. When you go out of the start gate any thing is possible and you could go from last to first."

Thomas Grandi on what he has learned as a business owner.

thing he had to learn.

"Patience. When you go out of the start gate any thing is possible and you could go from last to first. In business even though you have a happy customer they may not come back until next year."

But Grandi and Renner are still winning and business has doubled since last year.

"I'm hoping people will stay with us and take a walk along the river path," Sara says. "They will find their soul is quieted and they can be rejuvenated before going back to their busy lives."

That's top-of-the-podium advice from two high performance athletes turned business people.

Success

How to move mountains

- Setbacks are your best opportunity for future improvement.
- Get the most from your team and offer incentives that benefit everyone — like profit sharing.
- Have perspective in your working life and prioritize the things that mean a lot to you.
- Your business will have more chance of success if you are happy.
- If you are stumped, go for a run, walk, ski or do some yoga. Get the blood circulating to your brain and great thoughts will follow.
- The first person you have to convince that you can be a champion is yourself.

Homework not helpful?

Learning lethargy.
Research finds being bogged down by the books not beneficial

CASSANDRA GARRISON
Metro World News in New York

All that time you spent doing tedious homework assignments back in your school days was all for naught.

Turns out, if a recent study is to be believed, it

probably didn't help you get any smarter.

It might have even set you back.

Researchers at Sydney University in Australia found that too much homework can often have the opposite effect on students than intended.

Instead of enhancing their intellect, they become bored and unhappy, leading to little academic advancement.

"What the research shows is that, in countries where they spend more time on

homework, the achievement results are lower," Dr. Richard Walker, from Sydney University's Education Faculty, told The Telegraph.

The study found that 59 per cent of 10- and 11-year-olds do less than two hours of homework per week. About 22 per cent do three or four hours a week, and five per cent complete seven or more hours of homework per week.

"At the moment homework (is often) an add-on because parents want it," Walker added.

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DOGS AND CATS CAN BRING MORE TO YOUR LIFE THAN YOU MAY THINK

Can having a pet improve your health?

Absolutely, says Dr. Jim Berry, Vice-President, Canadian Veterinary Medical Association and a veterinarian at Douglas Animal Hospital, Fredericton.

MORE EXERCISE

If you have a dog, you pretty much have to get them out there and walk. "Of course, that gets people moving themselves," says Berry. That's good for everyone, and for seniors particularly, it supports continued mobility.

A RICH SOCIAL LIFE

Having a dog is a great way of getting out into the



community and making friends... because when you have a dog, people stop to chat. "Having a dog creates an instant social atmosphere."

FEEL GOOD

"Numerous studies have associated pets with stress reduction and even remission of psychiatric illnesses, particularly depression and anxiety disorders," says Dr. Irvin Wolkoff, a Toronto psychiatrist. "The key factor is the kind of uncritical affectionate closeness of pets towards their owners." Unlike relations with people, interactions with pets are uncomplicated, reliable and pleasing, says Wolkoff. "We respond with a reduction in stress. That helps us feel better, and it reduces our circulating levels of adrenalin and cortisol, the classic stress hormones." He says this change is associated with a reduced risk of coronary disease as well as a number of other conditions.

COMPANIONSHIP

A pet provides something to communicate with, and in this way, can stave

off loneliness, says Wolkoff. "Plus, animals aren't needy and they don't care if you've had a bad day — they still respond to you."

FAMILY TIES

More than 50 per cent of pet owners consider their pets their kids... and it's not just what they call them but what they consider them, says Berry.

"They really are part of the family and the expectation goes that they'll be treated as a family member. I think this attitude has elevated the humane treatment of animals in society."

At the end of the day, "all this only works if you like animals," says Wolkoff. "If you don't, pets will increase your stress."

—By Ylva Van Buuren

Take Me Home!

Lulu

Lulu is a beautiful chocolate lab mix. She was initially in foster care while nursing her litter of puppies. Her puppies have all been adopted and now she is looking for her forever home.



Lulu gets along with other dogs; however, when walking by dogs she does bark and react. She is a happy friendly girl with people but can be nervous of some men. She is approximately 4 years old and 60 lbs and would do best in a home with children 10 years of age and older. She seems to do fine with cats and would love to meet you!

For more information on Lulu and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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WANT TO GET A PET?

The Canadian Veterinary Medical Association reminds everyone that it's important to choose a pet that is appropriate for your lifestyle, life situation and pocketbook (all pets are an ongoing expense). Here's a quick guide.

PUPPY OR KITTEN Requires training and constant attention.

DOG Most need a walk twice a day.

CAT More independent and much less demanding than a dog.

BIRD Requires daily commitment.

FISH Easy care, but needs regular cleaning and specific care.

EXOTIC (rabbit, guinea pig, snake): Specific care requirements are important.

MOST POPULAR DOG BREEDS
Labs, Golden Retrievers, Yorkies and German Shepherds.

MOST POPULAR CAT BREEDS
Persian and Siamese.



HEALTHY CAT

SHARING YOUR HOME WITH A CAT MAKES LIFE PURR-FECT!

And, of course, you want to help your feline friend stay healthy and happy. Here's how.

VISIT THE VET

Regular visits to the vet are a must for checkups and cat care. Discuss annual shots and protection from fleas and other parasites as well as dental health. Your vet can make dietary recommendations too.

FEED HER PREMIUM CAT FOOD

Cats need a healthy diet, and it's important that their nutritional needs are met with food that is especially designed for cats. At the same time, kittens

and cats have different requirements depending on their age and health status. Be sure fresh water is always available.

PROTECT YOUR CAT

Many owners make the decision to keep their cats indoors, and they provide an enclosed area outside where their cat can roam safely, enjoy the sun, and watch the birds. It's also important to cat-proof your home and to make the cat litter box easily accessible.

KEEP HER BUSY

Your cat needs to be active some of the time. Remember, cats can sleep for 18 hours out of 24 – and that makes them susceptible to weight gain as time goes by. Keep your cat entertained with toys that bring out his hunting and stalking instincts. Playtime with you is good bonding time too.

BE OBSERVANT

As all cat owners know, these feline creatures can be pretty independent. So it's important to be aware of any changes in appearance, eating habits, personal care habits and disposition. This is especially important as your cat gets older (about eight) when age-related illnesses often develop.

LOVE YOUR CAT

There's nothing like a little R&R with your cat purring in your lap!

SERVING UP A HEALTHY & DELICIOUS DIET



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*vs IAMS Original or IAMS Adult.

TIPS TO PREVENT YOUR PET'S MESS

DO YOU LOVE YOUR PET, BUT HATE THE MESS?

For dog owners especially, cleaning up after their furry friends is a daily battle.

Dogs are more than happy to track mud and grass from the backyard to your floor or leave fur and dander to collect on your

carpet and furniture. What's a loving pet owner to do? Dogs will be dogs, but there are ways to prevent some messes and clean up others more easily. Take a look at a few helpful tips for you and your pet:

- Place rubber or plastic mats in areas that messes are likely to occur, such as under food and water dishes.

- Keep a "pet cleaning kit" with paper towels, hand-held vacuum, old bath towels and cleaning solutions in a bucket where you can get to them quickly. The

faster you get on a pet mess, the easier it is to clean, and the less likely it will be to leave a permanent stain.

- Pet hair and dander can trigger allergies for some people and are difficult to remove from carpet. A regular grooming schedule can help eliminate shedding hairs before they end up in the home. It also keeps pets clean, happy and comfortable.

- Installing a faucet in a mudroom or garage allows homeowners to clean

off their pets before bringing them into the house. Take a look at a few ideas at deltafaucet.ca. Try using a pull-down kitchen faucet with a laundry tub to make bathing smaller pets — as well as the clean-up afterwards — a breeze.

- While training pets to keep off of furniture may be difficult, consistency is key. If pets are part of the family, they also have to learn to live comfortably with everyone else.

— News Canada

FIVE TIPS FOR A TRULY PET-FRIENDLY HOTEL STAY



Let's face it, the last thing you want to do when heading out on the road is leave the furry family members behind. With 150 locations in Canada, Comfort Inn hotels say they are no strangers to guests travelling with pets and offer the following tips to make your next stay at a pet-friendly hotel, truly pet-friendly:

1. CALL AHEAD to double check pet-policies and ask if a kennel is required to avoid any unpleasant surprises upon arrival.

2. PACK YOUR PET'S BED along with their favourite blanket or toy to help them feel at home in the unfamiliar space.

3. ASK ABOUT A PET NOTIFICATION DOOR HANGER at the front desk, or bring your own to be sure hotel staff and other guests are aware a four-legged guest is staying in your room.

4. KNOW YOUR PET'S WEIGHT Some hotels have weight restrictions and you may be asked to provide this information at check-in.

5. IF YOU HAVE TO LEAVE YOUR PET ALONE in your room, turn on the radio or TV before leaving; the background noise and voices will be soothing.

If your pet suffers from separation anxiety, don't leave them alone. Noise complaints and damage fees could ruin an otherwise perfect vacation.

— News Canada





HEALTHY DOG

YOU LOVE YOUR DOG AND ONLY WANT THE BEST FOR HIM

Here's how to keep him happy and healthy.

VISIT THE VET

High-quality veterinary care is the key to your dog's overall health. Talk to your vet about recommended vaccines, protection from fleas and other parasites and any dietary concerns you have.

ONLY THE BEST FOOD

A healthy diet provides the nutrients and energy that your dog needs at every stage of life beginning with the

high energy puppy months through to the less active senior years. What you feed your dog affects appearance (a dog's coat should always be shiny and free of flakes; and he should be a healthy weight) and disposition (he should have good energy and be content). Be sure fresh water is always available.

KEEP HIM ACTIVE

Just like people, dogs need regular exercise – in general, at least one to two hours every day. An under-exercised dog may start exhibiting unwanted behaviour such as chewing on furniture and carpets and separation anxiety.

TAKE CARE OF HIS TEETH

For healthy teeth, gums and breath, you can brush your dog's teeth, use oral rinses and feed them tartar-fighting dental treats. Your vet may recommend professional cleaning periodically too.

KEEP HIM GROOMED

Grooming needs are based on your dog's breed but in general an average short-haired dog should have a monthly nail trim, bath and brushing. Long-haired dogs should be brushed out daily.

LOVE

Dogs are like people really – they need food, water and love.

SERVING UP A HEALTHY & DELICIOUS DIET



IAMS produces several types of canned and dry dog food for all life stages of a pet's life – from puppyhood to their senior years (for example, as a dog gets older, he may need food that is easier to chew). For good health, IAMS uses natural ingredients including:

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- Tailored Fiber blend including prebiotics and beet pulp for healthy digestion.
- Omega-fatty acids for healthy skin and coat.
- Enriched with antioxidants to help maintain a strong immune system.

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4

SPORTS

NBL

Halifax Rainmen guard Joey Haywood, a North Vancouver native and former Saint Mary's Huskies star, was named the National Basketball League of Canada's Canadian player of the year on Sunday. Guard Chris Hagan was the lone member of the Rainmen named to the league's all-playoff first team. Tyrone Levett made the second team.

Team Haywood wins as NBL Canada closes season

All-star game.

Brandon Robinson of the Oshawa Power wins MVP, gets better of London Lightning rivals at Metro Centre



MATTHEW WUEST

matthew.wuest@metronews.ca

Brandon Robinson made sure the London Lightning didn't win everything.

The Oshawa Power guard was named MVP of the National Basketball League of Canada all-star game on Sunday, knocking down 38 points in Team Haywood's 164-155 win over Team Smith before a crowd of 2,603 at the Metro Centre.

Robinson's effort prevented yet another triumph for the NBL Canada champion Lightning, whose best players were the headliners for Team Smith.

"London was sweeping everything (this season), they were rivals with the Power, and beating them was a great thing," said Robinson, who took home \$1,000 for winning MVP.

Team Smith was coached by London head coach Michael Ray Richardson and featured three players — captain Eddie Smith, league MVP Gabe Freeman and guard DeAnthony

Bowden — from the Lightning's roster.

London players not only dominated the league's all-star teams and individual awards this season, they also swept Saturday's skills competitions.

Team Smith had the edge on Team Haywood for most of the afternoon, but Robinson — who led the league in scoring — powered the comeback with a 15-point fourth-quarter, knocking down three of his six three-pointers in the final 12 minutes.

"We had to come back — we couldn't just lose, lose, lose to London," said Team Haywood forward Tyrone Levett, whose Halifax Rainmen fell to the Lightning in the NBL Canada final.

Levett had 24 points for the winners, while his Rainmen teammates, all-star captain Joey Haywood (10 points) and Taliek Brown (12 points), also contributed to the victory.

Rainmen guard Lawrence Wright led Team Smith with 29 points as a late injury replacement.

As the final score indicates, the players put minimal effort in on defence and there were at least two-dozen dunks and 31 three-pointers.

"It was a lot of fun for the fans and a lot of fun for the guys to all get together, to enjoy it and put on a show for everybody," Levett said. "That's what it's all about."

Skills competitions

- Jamar Abrams of the London Lightning won Saturday's slam-dunk contest with a thunderous between-the-legs windmill dunk that edged out Rainmen forward Eric Crookshank's Captain America dunk.
- Another member of the Lightning, DeAnthony Bowden, won the three-point shootout with 16 points in the final round, edging out Rainmen forward Tyrone Levett.



Team Haywood's Trayvon Lathan, right, blocks a shot from Team Smith's Sylvania Watkins during the National Basketball League of Canada all-star game at the Metro Centre on Sunday. RYAN TAPLIN/METRO

Mooseheads face tough decision up front



Mooseheads winger Darcy Ashley. RYAN TAPLIN/METRO

Halifax Mooseheads head coach Dominique Ducharme has a difficult lineup decision to make this week.

With winger Darcy Ashley set to return from a four-game suspension, the first-year head coach needs to make room for the team's fourth-leading scorer for Friday's Game 1 of the QMJHL quarter-finals on the road against the Quebec Remparts.

That means sitting another forward — most likely a member of the fourth line of Luca Ciampini, Andrew Ryan and Ryan Falken-

ham — who played well in a first-round sweep of the Moncton Wildcats.

"It's always a good sign when, as a coaching staff and an organization, we have to make tough decisions," Ducharme said. "It means that we've got our guys playing well and we have depth, so it's nice to see."

Ducharme said his Game 1 decision will be based on an evaluation of first-round performances, effort in practice this week, and how each player fits into the matchup against the Rem-

parts.

Ultimately, though, Ducharme conceded, somebody who deserves to be playing will have to sit.

"You don't win a series without having contributions from everyone," Ducharme said. "They all chipped in, but at the same time it's a new series and we want to be winning and we'll make the best decision for the team."

Ducharme said the player who sits for Game 1 won't necessarily be the player who sits for Game 2.

MATTHEW WUEST/METRO

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Rematch for national glory

NCAA. Facing Kansas in championship game is nothing new for Kentucky coach Calipari

Well, this matchup is going to look familiar.

John Calipari and his Kentucky juggernaut will face Kansas for the national championship on Monday night. That would be the same school that beat Memphis in overtime for the NCAA title in 2008, back when Calipari was coaching the Tigers.

It also would be the same Kansas team that the Wildcats beat back in November.

"We're worried about us playing at our best," Calipari said after Kentucky held off pesky Louisville 69-61 in the first semifinal Saturday. "We did not play at our best tonight. We played good, but that wasn't our best.... So maybe Monday is our best. We're just worried about us."

Top-seeded Kentucky (37-2) is back in the title game for the first time since 1998, when it won its seventh NCAA championship.

Down 13 in the first half, resilient Kansas (32-6) needed a furious comeback against

Celebrate with fire

Riot police used pepper spray in small amounts for crowd control as thousands of rowdy fans swarmed into the streets near the University of Kentucky campus, overturning cars and lighting couches ablaze after a victory over cross-state rival Louisville in a Final Four matchup.

- Lexington police spokeswoman Sherelle Roberts said 150 officers deployed on the streets at one point to quell what she called "a very dangerous situation with the fires and the violence" that dragged on for hours.

Ohio State to reach the championship game, where it will play for its fourth NCAA title.

"It's a dream to play the best team in the country, who is up until now, hands down, the most consistent," Kansas coach Bill Self said. "It's a thrill. And I think it's even more of a thrill for us, because I don't think anybody thought we could get here."

That 2008 squad Calipari had in Memphis was stocked



Anthony Davis of Kentucky celebrates the Wildcats' 69-61 win over Louisville on Saturday in New Orleans. RONALD MARTINEZ/GETTY IMAGES FILE

with talent, led by future NBA MVP Derrick Rose. But the Tigers missed four free throws down the stretch and blew a late nine-point lead in an overtime loss to Mario Chalmers and the Jayhawks.

These Wildcats, however, are in a totally different class. Anthony Davis has won just about every player of the year

award there is, and Louisville coach Rick Pitino likened him to Bill Russell after Saturday night's game.

The 19-year-old doesn't look like a freshman, and he doesn't play like one, recording his 20th double-double against Louisville with 18 points and 14 rebounds. He missed just one of his eight



Travis Releford celebrates the Kansas Jayhawks 64-62 win over Ohio State on Saturday in New Orleans. JEFF GROSS/GETTY IMAGES FILE

shots, and also had five blocks and a steal.

"Anthony Davis is as fine a basketball player as there is," Pitino said.

Then there are the rest of the Wildcats.

They shot a blistering 57 per cent Saturday and had two other players besides Davis in double figures. Dar-

Quoted

"We kind of played on borrowed time a little bit, but I think it gives the guys confidence that, no matter what, we're OK."

Elijah Johnson, Kansas Jayhawks guard.

ius Miller scored 13 points and Doron Lamb added 10. Michael Kidd-Gilchrist had nine in just 23 minutes due to foul trouble.

Few people would have expected the Jayhawks to seriously contend for a championship as they scuffled through the early part of the season. They were 7-3 midway through December and struggling to find an identity, but a team meeting helped Kansas find its focus, and the Jayhawks simply refuse to lose. They've lost just two games since Feb. 7, and keep eking out wins in the NCAA tournament.

"It's pretty cool to have the winningest program of all time and the second-winningest program of all time hooking up on Monday night," Self said.

THE ASSOCIATED PRESS

A different feeling for Howard in Switzerland



Glenn Howard observes the gliding of a stone during a match against Germany Sunday in Basel, Switzerland. GEORGIOS KEFALAS/THE ASSOCIATED PRESS

Whether it's the rocking atmosphere of the Tim Hortons Brier or the relative serenity of the world men's curling championship, Canada skip Glenn Howard just keeps doing what he does best.

Winning — and doing it with remarkable consistency.

Howard picked up victories over Germany and the United States on Sunday to remain unbeaten, at 3-0. The veteran Ontario skip lost only once en route to the national title last month and hasn't slowed down here in Switzerland in his pursuit of a fourth career world title.

The only differences have been the

international opposition and the intensity of the crowds.

The Credit Union Centre in Saskatoon was a curling madhouse for the national championships. The St. Jakobshalle is like a library by comparison.

"It's sort of more like a club game," Howard said after his win in the morning draw. "You're out on the ice and you don't hear as much."

That's an understatement. It was so quiet during the morning game that banter between curlers could easily be heard from the stands.

The occasional cheer, the steady whirr of stones sliding down the ice and buzz from the brushers were es-

entially the only sounds in the rather cavernous 9,000-seat venue.

To be fair, only two of the four sheets were in action, the host side was idle and the picturesque city of Basel was bathed in spring sunshine.

However, when a similar draw was played last month at the women's world championships in Lethbridge — a two-game draw with the host side idle — over 1,900 fans took in the action.

"We played in Saskatoon and the crowd was absolutely crazy," Howard said. "Obviously not so much for us but it was really loud and it does get the adrenalin pumping."

THE CANADIAN PRESS



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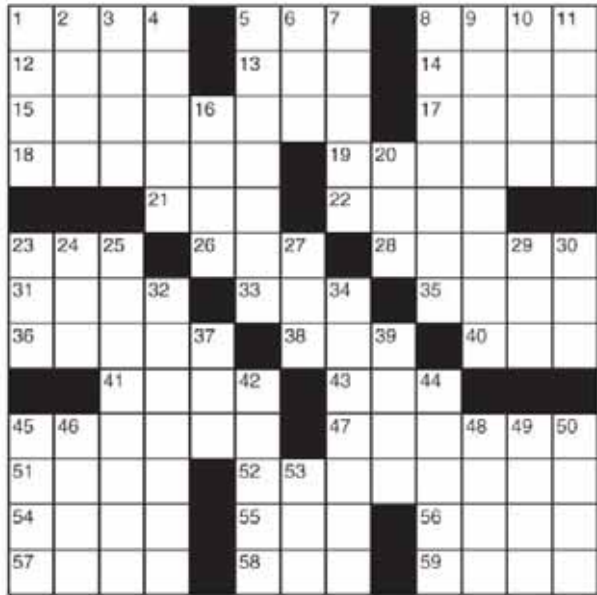
Crossword

Across

- 1 Air pollution
5 Shade provider
8 Mid-month date
12 Staffer
13 Grass-skirt accessory
14 Castle protector
15 Likely loser
17 Taj Mahal city
18 Rent payer
19 Much
21 Listener
22 Small combo
23 Mrs. O'Leary's troublemaker
26 Thickness
28 Coach Rockne
31 Quid pro quo
33 "Undeniably"
35 Birthright barterer
36 Prelude
38 Spigot
40 Blunder
41 Cornfield commentaries
43 Be a couch potato
45 For some time
47 Eagles' nests
51 Auction offers
52 Li'l Abner's hometown
54 Lotion additive
55 Before
56 Antitoxins
57 Pleads
58 Scarlet
59 Cockily confident

Down

- 1 Author Bellow
2 Greedy one's call
3 Probability
4 Gaggle members
5 On in years
6 Zodiac sign
7 Power
8 John Lennon

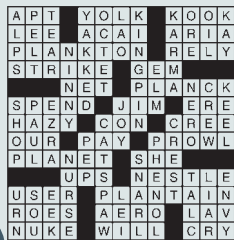


- song
9 Place of disfavor
10 "My Name Is —"
11 Remain
16 Harvest
20 Annoy
23 Marg Helgenberger series
24 "My — Private Idaho"
25 Guardian
27 Nevertheless
29 Pitch
30 A cont.
32 Lauds
34 Attacked brutally
35 On in years
37 Pussycat's partner
39 Incubator noise

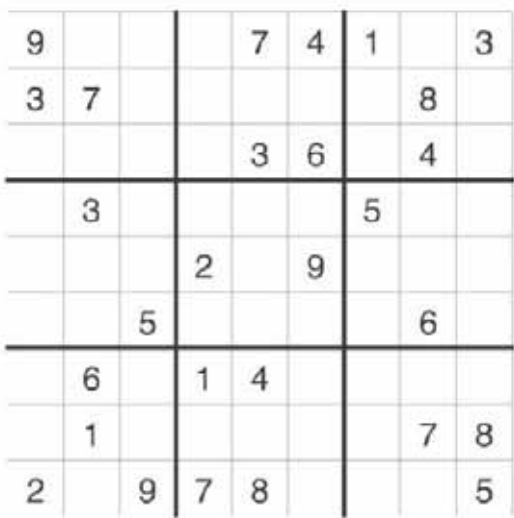
- 42 Passover dinner
44 Lawn
45 Quatrain rhyme scheme
46 — E. Coyote
48 Particular
49 Beige
50 Rug type
53 Raw rock

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Send a kiss

- Sadiki.** I hope you get this message soon because i want everyone to know how much i love you and how i would be lost without you. You are my handsome prince. You understand me better than anyone and you challenge me each day to be a better person. We have been through so much together, but we have only become stronger. I know this year will be better. I love you more than anything with all my heart and soul. Your Cougarlizzy
- Jonathan.** You've made falling in love with you easy, I look forward to continuing our story! Love, your Juliet xo
- You are stronger than you think. You have the power to make me weak. How do you do it? confused beshtie!
- I did everything, expressed my feelings but in the end I feel like I didn't get anything accomplished. Through thick and thin I'm always there no matter how bad it is. I love you so much I know I told you a million times I really do. I'm just protecting you from all the stupidity that's around. I love you <3.. I'm Sorry.. sincerely, 625<3

Horoscope

♈ Aries | March 21 - April 20.

You don't have to make a big display of your emotions.

♉ Taurus | April 21 - May 21.

You must not allow other people, no matter how well meaning, to poke their noses into your affairs.

♊ Gemini | May 22 - June 20.

You may not have got as far with something as you would have liked over the past few weeks but the important thing is that you have made a start.

♋ Cancer | June 21 - July 22.

If you spend too much time weighing up the pros and cons of an offer today someone of a more instinctive nature could beat you to a prize that should have been yours.

♌ Leo | July 23 - Aug. 22.

A minor battle may hardly seem worth the effort today but it's good practice because soon you will have to fight for something a lot more important.

♍ Virgo | Aug. 23 - Sept. 22.

Don't dwell on the past today or you could miss out on a wonderful future.

♎ Libra | Sept. 23 - Oct. 22.

Your rivals and enemies are not as tough as they look.

♏ Scorpio | Oct. 23 - Nov. 21.

Don't let other people drag you down with their negative attitudes today.

♐ Sagittarius | Nov. 22 - Dec. 21.

According to the planets a friend or relative has something

important to reveal, but they may be reluctant to bring up the subject. Be patient and encourage them to tell what they know.

♑ Capricorn | Dec. 22 - Jan. 20.

You like a challenge but that is no reason to make life hard for yourself.

♒ Aquarius | Jan. 21 - Feb 18.

Don't concern yourself too much with what other people say or do today. Put on your smiley face and don't let anyone or anything get you down.

♓ Pisces | Feb. 19 - March 20.

A little bit of humour will go a long way today, especially if you have been too serious of late.

SALLY BROMPTON



Caption Contest

"Are you sure you don't want me to use a nail clipper?"

Erica

FRANK AUGSTEIN/THE ASSOCIATED PRESS

Win!



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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To Nova Scotia's health care leaders:

Reverse the IWK cuts

"Please, do not take the staff away from us; don't take the support program from us. It helps more than anything ever has." – Ally Dawson, ACT client, in the Chronicle Herald

"I truly believe the youth care workers that took the extra time to offer me support, stability, safety and kindness saved my life. I have since graduated from college with two diplomas, have volunteered in Africa, and have a loving relationship with a wonderful man. I mourn the loss of these youth care workers and the loss of impact they could have had on so many more lives."

– "Steph," former IWK patient, on Metro.ca

The kids and teenagers and parents who depend on Youth Care Workers have said loud and clear that cutting them will hurt. They don't understand why IWK CEO Anne McGuire and N.S. Health Minister Maureen MacDonald believe that marching decades of education and experience out the door is "the right thing to do."

Together, we will change their minds. We will be heard inside the boardroom. We will be heard around the cabinet table. Together, we will remind our health care leaders of their responsibility to lead.

Premier Darrell Dexter
ddexter.mla@gmail.com

Health Minister Maureen MacDonald
mmaacdona1d@navnet.net

Community Services Minister Denise Peterson-Rafuse
denisepetersmla@bellaliant.com

IWK CEO Anne McGuire
anne.mcguire@iwk.nshealth.ca

Capital Health CEO Chris Power
exjw@cdha.nshealth.ca

And remember: forward any correspondence you send to your favourite newspapers, and share it widely online.

